

ABSTRACT

Stackable weight plates comprised of a front and a rear lateral faces with a protrusion at a proximal radial center of the front lateral face and corresponding recess at a proximal radial center of the rear lateral face is provided. The rear lateral face with the recess section at the proximal radial center of a top weight plate in a stack may rest (or be stacked) on the front lateral face with the protrusion at a proximal radial center of another weight plate. Because each plate is restrained along its center axis by the mating or interlocking of the protruded area of one plate with the recessed area of another weight plate, the stacked plates are therefore generally stable and do not fall due to lateral shearing of the stack. When mounted on a handle bar to form an inertial force exercise device, the recessed area of the rear lateral face of the weight plates of the present invention house the mounting or fastener mechanism.